

Amesbury High School Menu – January 2014



January's Harvest Vegetable of the month is Butternut Squash



Cold Sandwiches & Salads Made Fresh Your Way
Available Toasted on request
Available Daily
Tortilla Wraps, Rolls, and Whole Wheat Rolls or Breads
Turkey, Ham, Tuna Salad, Chilled Breaded Chicken Assorted Cheeses Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots
Homemade Sauces and Sandwich Spreads



Cold Fruit & Vegetable Bar Offered Daily

Monday
Tossed Garden Salad
Corn & Black Bean Salad
Fresh Baby Carrots
Chilled Peaches
Fresh Seasonal Fruit
Tuesday
Classic Caesar Salad
Broccoli Florets
Homemade Potato Salad
Chilled Applesauce
Fresh Seasonal Fruit
Wednesday
Tossed Garden Salad
Cucumbers in Italian Dressing
Corn & Black Bean Salad
Chilled Pears
Fresh Seasonal Fruit
Thursday
Classic Caesar Salad
Broccoli Salad
Homemade Potato Salad
Marinated Cucumber & Tomato Salad
Fresh Seasonal Fruit
Friday
Tossed Garden Salad
Broccoli Florets
Fresh Baby Carrots
Chilled Pears

		1	2	3
		Happy New Year <i>Don't miss our ChiliTasting in the cafeteria Dining Room on Wednesday, January 29th and give us your opinion</i>	Bagel Breakfast Sandwich: with Ham, Egg and Cheese, Hash Brown Potato Patty, Baked Beans and a Strawberry Banana Blast Yogurt	Chicken Fajitas!!! w/Peppers, Onions and Cheddar Cheese in Soft Wheat Tortilla with White Rice and Mexicali Corn
6	7	8	9	10
Pasta Bowl WW Spaghetti with Italian Meat Sauce, Spinach, Mixed Vegetables and a Garlic Breadstick	Carolina Pork BBQ Bowl: BBQ pulled Pork with Creamy Cole Slaw, Seasoned Corn, Home Style Baked Beans and Fresh Baked Cornbread	Cooked to order: Chicken Caesar Salad!!! Tender Chicken Strips sauteed and served on a bed of Mixed Greens w/ Fresh Veggie Toppings, Parmesan Cheese, Croutons and a Warm Garlic Breadstick	Mom's Mashed Potato Bowl: Crunchy Popcorn Chicken, Mashed Potatoes with Gravy and Seasoned Corn, Peas Whole Wheat Dinner Roll	Bacon Cheeseburger Subs!!!! w/ Lettuce, Tomato and Onion Toppings, Herb Roasted Potato Wedges, Steamed Broccoli
13	14	15	16	17
Twin Toasted Cheese Sandwiches Oven Baked Potato Wedges Cup of Tomato Soup	Southern Style Chicken: Chicken n' Gravy over Mashed Potatoes with Green Beans, Corn, Cranberry Sauce and Warm Breadstick	Breakfast @ Lunch: Pancakes with Sausage Patties, Scrambled Eggs and Hash Brown Potato Patty	Carved to Order!!! Hot Roast Turkey BLT on Bulky Roll w/Bacon, Lettuce & Tomato and Homemade Red Bliss Potato Salad and Hot Apple Crisp for Dessert!!!!	American Chop Suey: Elbow Macaroni mixed with Ground Beef, Peppers Onions and Tomato Sauce. Served with Seasoned Spinach and a Warm Breadstick
20	21	22	23	24
Martin Luther King Day School Closed	"Loaded" Flatbread Quesadilla w/ Fajita Chicken, Cheddar Cheese, Peppers, Onions, Salsa, Lettuce & Sour Cream Cup w/ Spanish Rice & Beans	Cooked to order: Philly Cheese Steak Sub!!! Tender Philly Steak with Provolone Cheese, Peppers, Onions and Crunchy Oven Fries with Cole Slaw	Oriental Szechuan Chicken Noodle Bowl: Chicken with Broccoli, Shredded Carrots, Red and Green Pepper strips and Szechuan Sauce over Lo Mein Noodles with WW Roll and Fortune Cookie	Calzone Bar!!!! Assorted Calzones w/ Marinara Dipping Sauce, Herb Roasted Potato Wedges and Steamed Broccoli
27	28	29	30	31
Beef & Cheese Sub Seasoned Ground Beef mixed w/Cheese Oven Roast Potato Wedges, Coleslaw & Baked Beans	BBQ Chicken: with Seasoned Baked Diced Redskin Potatoes, Baked Beans, Coleslaw and a WW Dinner Roll	Chili Tasting Today!!! Cheesy Baked Buffalo Chicken Macaroni and Cheese w/ Broccoli, Mixed Vegetables and Whole Wheat Dinner Roll	Shepherd's Pie: Seasoned Meat with Mashed potatoes, Corn and gravy, Honey Glazed Carrots and a WW Dinner Roll	WOW!!!!!! Double Bacon Cheeseburgers Today: Served with Crunchy Oven Baked Fries and Coleslaw

A full student lunch includes choice of entrée, TWO vegetable/fruit side dishes, and milk.
Daily milk choices include skim white, 1% white, and Skim chocolate. Fresh Fruits such as Bananas, Oranges, Apples and Pears available daily



Menu item is made w/ fresh locally grown produce (actual items will vary depending on local seasonal availability)



Classic Cheese Pizza
Made w/ Reduced Fat Cheese - Fresh Baked Daily

Specials:

Monday: Buffalo Chicken Flatbread/ Pepperoni Pizza
Tuesday: Meatball & Cheese Calzone /Pepperoni and Roasted Red & Green Pepper Pizza
Wednesday: Veggie Pizza / BBQ Chicken Pizza
Thursday: Cheeseburger Pizza / Italian Calzone
Friday: Chef's Choice Day
Two Hot Vegetables available daily



Lean Beef Burgers w/Cheese & Breaded Chicken Sandwiches Available Daily

Specials:

Monday: Turkey and Cheese Panini
Tuesday: Grilled Cheese & Bacon Panini
Wednesday: Chicken Parm on a Bun
Thursday: Meatball Sub
Friday: Chef's Choice Day

Two Hot Vegetables available daily



Fresh Food Fast- Packaged for Grab N' Go
(Salads offered with a whole wheat dinner roll)

Monday: Crunchy Chicken Caesar Salad or Ham & Swiss on Whole Grain Bread
Tuesday: Deli Chef Salad or Italian Cold Cut Sub
Wednesday: Buffalo Chicken Salad or Tuna Salad on Wheat Wrap
Thursday: Deli Chef Salad or Chicken Salad Wrap
Friday: Chef's Choice Salad or Italian Cold Cut Sub
Sun Butter & Fluff or Jelly on Whole Wheat available daily

Any questions please call:

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Prices
Reduced \$0.40
Paid \$2.85
Adult \$3.50